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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
OCTOBER 5, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

- - -

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all		:
Every day --		:
Cereal in porridge or pudding	Two to four times a week --	:
Potatoes	Tomatoes for all	:
Tomatoes (or oranges) for children	Dried beans and peas or peanuts	:
A green or yellow vegetable	Eggs (especially for children)	:
A fruit or additional vegetable	Lean meat, fish, or poultry or	:
Milk for all	cheese	:

PEANUTS HAVE HIGH FOOD VALUE

The peanut has outgrown its circus days. In one form or another, it is now a respected occupant of the pantry shelf, and appears on the dinner table in most substantial company. The peanut vender still occupies his corner, and makes his rounds at the circus, the county fair, or the Fourth-of-July picnic. Peanut brittle comes with Santa Claus if not before. But the peanut nowadays takes rank in the eyes of knowing housewives as one of the most nutritious foods we have, and may appear in any course, literally "from soup to nuts."

Fortunately for people on short rations, say food specialists, peanuts are as cheap as well as a filling food, and a good investment for food value.

It is an interesting crop, this peanut, or goober pea, of our Southern States. As the name suggests, it is related to the common pea, and belongs to

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the family of legumes. Like its relatives, it is useful in all its parts--its roots to fertilize the soil as the cow-pea does, its stalks and leaves as hay, its "nuts" -- which are really peas -- as food and a source of oil -- salad oil, oil for preserving sardines among other things, oil for lubricating fine machinery. The peanut vine behaves differently from the beans and peas, however. Its pods, when very young, turn point downward on their stalks and bury themselves in the soil, to ripen underground and eventually to be harvested as the familiar peanut in its shell.

Peanuts are grown commercially in South America, Africa, India, and Manchuria, as well as in the United States. In fact, the plant was introduced into southern North America from tropical America in colonial times, but it had no commercial value in the United States until after the Civil War, when the soldiers discovered its sustaining power as food. Last year (1931) more than two million acres of land were planted to peanuts, and more than a billion pounds were gathered -- for use fresh-roasted, salted, in peanut butter, and to make peanut oil. This was almost 400,000,000 pounds more than were produced the year before, and is more than the yield of any previous year.

The food value of the peanut is exceptional, especially as to its content of protein, fat, and vitamin B. A pound of whole peanuts, according to chemists of the U.S. Department of Agriculture, contains nearly a half pound of fat and nearly one fourth of a pound of protein, both the oil, or fat, and the protein being of very high grade and readily digestible.

The Bureau of Home Economics has experimented with peanuts in its food preparation laboratory, and recommends their use, especially in economy diets. For young children, peanut butter is more digestible than whole or ground peanuts. But ground fresh-roasted peanuts mixed with a little cream or milk if desired, or with salad dressing, can be used as a sandwich spread for school-day lunch, or in a sandwich with a slice of raw onion for any lunch, especially on dark bread; or they can be creamed and served on toast at supper. - - - - -





Peanut butter also may be used to good purpose in soups; for example, a slightly thickened soup of tomato juice and peanut butter. Then there are peanut cookies, peanut butter cup cakes, and peanut brittle ice cream. Creamed peanuts and rice are an agreeable dinner dish, so are scalloped onions and ground peanuts, or scalloped cabbage and peanuts. A peanut loaf is a satisfying main dish; or a peanut fondue may serve the same purpose. Peanut and banana salad (fresh or salted peanuts) fits well into many a menu, as does apple and peanut salad. In short, peanuts in any form add flavor and substantial food value to any dish or any meal.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc . . . . .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

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MENU FOR ONE DAY

Breakfast

Hot Cereal - Bacon - Toast  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Scalloped Peanuts and Onions  
Baked Sweet potato  
Hot Graham Muffins  
Cocoa for all

Supper

Cream of Tomato Soup  
Apple and Raisin Salad - Cheese  
Left-over Muffins  
Tea (adults) - Milk (children)





- 4 -  
RECIPES

Peanut Loaf

1 $\frac{1}{2}$ cups chopped roasted peanuts	2 eggs, beaten
1 $\frac{1}{2}$ cups chopped carrots	2 tablespoons melted fat
1 $\frac{1}{2}$ cups dried bread crumbs	1 $\frac{1}{2}$ teaspoons salt
1 $\frac{1}{2}$ cups tomatoes	Pepper to taste

Mix the ingredients thoroughly. Pour into a bread pan, lined with heavy oiled paper. Bake for 30 minutes in a moderate oven (350° F.).

Peanut Fondue

1 $\frac{1}{2}$ cups milk	Pepper to taste
2 cups soft bread crumbs	3 eggs
1 teaspoon salt	2 cups chopped roasted
2 teaspoons chopped onion	peanuts

Scald the milk in a double boiler, add the crumbs, salt, onion, and pepper to taste. Beat the yolks and whites of the eggs separately. Stir this mixture into the egg yolks, add the peanuts, and fold into the egg whites. Pour into a greased baking dish and bake in a moderate oven (350° F.) for 30 minutes, or until set in the center.

Scalloped Onions and Peanuts

6 medium-sized onions	1 tablespoon flour
1 cup peanuts, ground	1 cup milk
1 tablespoon melted butter	1/2 teaspoon salt
or other fat	1 cup buttered bread crumbs

Skin the onions, cook in boiling salted water until tender, drain, and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with buttered crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish.

Peanut Butter Cup Cakes

1/2 cup butter or other fat	4 teaspoons baking powder
1/2 cup peanut butter	1/2 teaspoon salt
1 cup sugar	1 cup milk
2 eggs	1 teaspoon vanilla
3 cups sifted soft-wheat flour	

Cream together the fat, peanut butter, and sugar, add the beaten eggs, and the sifted dry ingredients alternately with the milk. Add the vanilla. Bake in greased muffin tins in a moderate oven (350° F.) for about 20 minutes.

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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

*Ally King*  
*W. C. C.*  
*Longfellow*

RELEASE FOR PUBLICATION  
OCTOBER 12, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Two to four times a week --

Cereal in porridge or pudding

Tomatoes for all

Potatoes

Dried beans and peas or peanuts

Tomatoes (or oranges) for children

Eggs (especially for children)

A green or yellow vegetable

Lean meat, fish, or poultry or

A fruit or additional vegetable

cheese

Milk for all

ONIONS ARE CHEAPER THAN EVER

There may be pros and cons to the eating of onions, but the cons are mostly aesthetic. Otherwise, providing you like the flavor, the argument is all pro. The cons, moreover, may often be overcome by methods of preparation and manner of use, say food specialists who call attention to the food value, the general usefulness, and, just now especially, the very low cost of onions. Never were they cheaper, say market specialists, and the crop is so large that much of it probably never will be shipped. This is the time to use onions not only to season other dishes, but for themselves alone, as one of the chief vegetables of the day.

The onion is a food as old as history. Authorities can only speculate as to its native habitat, being sure only that it was widely used in ancient





Palestine and in the Orient generally. The Bible speaks of it as one of the foods so desired by the Israelites in the wilderness that they complained to Moses because of the lack of it. It is recorded also, we are told, that there was once an inscription on the Great Pyramid of Egypt stating that 1600 talents were expended for onions, radishes, and garlic consumed by the laborers who erected that Wonder of the World.

The onion is interesting, furthermore, because of its family relationships. It is own cousin to the beautiful Easter lily.

In our day onions appear on the table in every conceivable kind of dish except desserts. Even the people who do not like onions usually do like at least "a hint" or "a suspicion" of the flavor in other dishes--often they like it without knowing it is there. But the people who do like onions have the advantage of enjoying an additional kind of raw vegetable in salads and sandwiches, thereby contributing to variety in the balancing of their diet. Nutritionists have found that onions have a considerable mineral and vitamin value. This is true especially of raw onions, for their content of vitamins B and C is partly destroyed by cooking.

Of the numberless ways of serving onions, the Bureau of Home Economics calls particular attention to the possibility of utilizing them in place of more expensive vegetables of similar food value. For meal-planning purposes, onions, because of their succulence, their mineral and vitamin content, fall in the class with cabbage, tomatoes, carrots, beets, squash, and others of the least starchy foods. They are not as rich in vitamins as cabbage, or tomatoes, or carrots, or as greens of any kind, but eaten in sufficient quantity they go far to balance the bread and potatoes or rice or macaroni which might constitute the most of the rest of the meal.





Favorite onion dishes are: onions and apples fried; onions and tomatoes or cucumbers in salad; onions and peanuts scalloped; onions baked in tomato sauce; liver and onions; onion soup au gratin; young onions on toast; onions stuffed and baked. Then there are the delicate creamed onions; plain boiled onions buttered, which forms the simplest of the cooked-onion dishes; and French-fried onions, which are not as well-known as they deserve to be. For this latter purpose, skin the onions, slice them very thin, separate the slices into rings, dip into a batter of flour, milk, egg, and salt, drain well and fry in deep fat.

Hamburg patties on onion rings are an excellent substitute for the more expensive steak and onions. And whole onions baked with a pot roast add to the flavor of the roast and furnish a delicious vegetable dish besides.

Recipe specialists recommend the large white Spanish or Bermuda onion for cooking; the brown-skinned, smaller onion, for seasoning; and for pickling, of course, the small white bulb.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts
Evaporated milk . . . . .	23 - 28 tallcans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc . . . . .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

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MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast  
Tomato Juice for baby  
Coffee (adults) - Milk (children)

Dinner

Roast Breast of Lamb and Onions, stuffed  
with forcemeat  
Baked or Mashed potatoes - Bread & Butter  
Baked Apple - Milk for children

Supper

Fried Green Tomatoes  
Macaroni with Cheese Sauce  
Whole Wheat Bread and Butter  
Milk for All





## RECIPES

### Roast Stuffed Breast of Lamb

Select a breast of lamb including the foreshank. Have the butcher crack the bones of the breast so that it can be carved between the ribs. Wipe the meat with a damp cloth, remove the foreshank, cut off the meat, and grind it for the forcemeat stuffing. Make a pocket in the breast by cutting through the flesh close to the ribs. Sprinkle the inside of the pocket with salt and pepper, pile in the hot forcemeat stuffing lightly, and sew the edges together. Rub the outside with salt, pepper, and flour. Lay the stuffed breast, ribs down, on a rack in an open roasting pan. Do not add water. Place the roast in a hot oven (480°F.) and sear for 30 minutes. If there is not sufficient fat to keep the meat from drying out, baste with melted fat, or lay a strip or two of bacon on top. After searing, reduce the oven temperature rapidly to 300°F., and continue the cooking in the open pan until the meat is tender. The total time required will probably be one and one-half to one and three-fourths hours. If there is more stuffing than the breast will hold, bake in in a separate dish, or use it as stuffing for onions to serve with the meat. Serve with brown gravy made from the drippings.

For the baked onions, choose a large, mild-flavored variety. Cut the onions in half crosswise and simmer in lightly salted water until about half done. Lift the onions out and arrange in a baking dish. Remove the centers without disturbing the outer layers. Chop the onion centers and add to the forcemeat stuffing. Fill the onion shells with this mixture, cover, and bake in a moderate oven for about one-half hour, or until the onions are tender. Remove the cover from the baking dish, during the last of the cooking so that the onions will brown well on top.

### Forcemeat Stuffing

Ground lean meat from the foreshank	1 sprig parsley, cut fine
2 cups fine dry bread crumbs	1/8 teaspoon celery seed
2 tablespoons butter or other fat	1/4 teaspoon savory seasoning
1/4 cup chopped celery	1 teaspoon salt
1 tablespoons chopped onion	1/8 teaspoon pepper

Melt the butter in a frying pan, add the celery and onion, and cook for two or three minutes. Add the ground meat, and stir until the juice evaporates and the meat browns slightly. Then add the bread crumbs and seasonings and stir until well mixed.

### Fried Onions and Apples

3 tablespoons fat	1/4 teaspoon salt
1 quart sliced tart apples	1 tablespoon sugar
1 pint sliced onions	

Melt the fat in a heavy frying pan, add the apples and onions, cover, cook slowly until nearly tender, and stir frequently to prevent scorching. Remove the cover, sprinkle the salt and sugar over the apples and onions, and continue the cooking until they are lightly browned. Serve at once.





# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
OCTOBER 19, 1932 (WEDNESDAY)

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day--

Two to four times a week --

Cereal in porridge or pudding

Tomatoes for all

Potatoes

Dried beans and peas or peanuts

Tomatoes (or oranges) for children

Eggs (especially for children)

A green or yellow vegetable

Lean meat, fish, or poultry or

A fruit or additional vegetable

cheese

Milk for all

### The Common Spud and the Sweetpotato

Vegetables, like people, can live down their early reputations. This is proved by no less an example than our commonplace but dependable aid to economy, the potato, the common "spud" of the army kitchen, which appears on the American table more often than any other vegetable. Potatoes are enjoyed democratically by all ranks and levels. They are served in the most expensive hotels, the cheapest lunch rooms, the wealthiest and the poorest homes. About four bushels a year per person is said to be the quantity the average American eats. Yet somebody once wrote that potatoes were "despised by rich and deemed only proper food for the meaner sort of persons."

Cultivation, skillful cookery, abundant potato crops and low prices have brought this staple commodity to its present popularity. And science backs up the popular taste, putting potatoes high in the list for nutritive value. To





families on short rations, "Use potatoes daily if you can," is good advice. Potatoes are one of the cheapest and most filling foods, and they furnish important nutrients besides.

Fortunately this is true both of the white or Irish potato, which is grown more abundantly in the mild climates of the northern half of the United States, and of the sweetpotato, which is more abundant in the warmer southern areas, where the Irish potato is the smaller crop.

To anybody not a botanist or a food historian, the Irish potato is a most surprising vegetable. To begin with it is not Irish. It was discovered in South America by the Spaniards who followed Columbus, and the very word potato is of Spanish origin. The world's largest producers of potatoes are Russia and Germany. The United States, for all its own huge crop, is one of the largest importers, and we probably hold the world's record as consumers. Ireland, however, furnishes the common name, for there, once this South American plant was established in Europe, potatoes became almost the one food crop. Then, in the eighteen-forties, a blight destroyed the potato crop in Ireland, and a terrible famine occurred. It was this tragedy, no doubt, that fixed the name "Irish potatoes" for generations to come.

The sweetpotato, although its history and food value are so similar, has no botanical relationship to the Irish potato. The sweetpotato is native to tropical America, and is said to have been discovered by Columbus himself. It was brought to North America and was being cultivated in Virginia by 1648. But its kinship is with the morning-glory, while the Irish potato belongs to the nightshade family.

In food value, the difference between the two kinds of potatoes is chiefly the much greater sugar content of the sweetpotato, which contains also more starch. Each contains vitamins B and C, but the sweetpotato has more than the Irish potato and is rich also in vitamin A. Both retain, when baked or boiled in their skins, more of their vitamin content than do most other vegetables, and both furnish some food iron and other minerals--all of which



becomes important because of the quantity of potatoes eaten by the average person.

In order to retain the most food value, nutritionists, dietitians, and doctors recommend baking or boiling or steaming as the best way to cook potatoes. Good cooks choose these methods for other reasons as well.

When it comes to table uses, however, the Irish potato and the sweetpotato have a different range of possibilities. For Irish potatoes the range covers soups, main vegetable dishes, and salads; sweetpotatoes are usually considered suitable only for main vegetable dishes and desserts.

After baked, boiled, or steamed potatoes, the good cook thinks of mashed, fried, creamed, or scalloped potatoes, potatoes au gratin, potatoes on the half shell, shepherd's pie, hashed brown, O'Brien, or Lyonnaise potatoes. Fried potatoes, of course, may be the old-fashioned sliced raw potatoes fried in shallow fat, or they may be Saratoga chips, French fried potatoes in thick strips, in balls, in curls, or in latticed form, or they may be the shoe-string strips called Julienne potatoes, according to the way they are cut. All these are fried in deep fat.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
Including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc..	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs



The first part of the paper is devoted to a general discussion of the problem of the origin of life. It is shown that the problem is not only a scientific one, but also a philosophical one. The scientific aspect of the problem is concerned with the question of how life arose from non-life. The philosophical aspect is concerned with the question of whether life is a necessary part of the universe or whether it is a mere accident. The author argues that the scientific aspect of the problem is more important than the philosophical aspect. He shows that the scientific aspect of the problem is a very difficult one to solve. He shows that the philosophical aspect of the problem is a very easy one to solve. He concludes that the scientific aspect of the problem is the one that should be given priority.

### THE ORIGIN OF LIFE

The origin of life is one of the most important questions in science. It is a question that has fascinated mankind for centuries. The question is: how did life arise from non-life? This is a question that has many different answers. Some people believe that life arose from non-life through a process called abiogenesis. Others believe that life arose from non-life through a process called panspermia. Still others believe that life arose from non-life through a process called intelligent design. The author of this paper argues that the most likely answer to the question of the origin of life is that life arose from non-life through a process called abiogenesis. He shows that this is the most likely answer because it is the only answer that is supported by the evidence.

# LOW-COST MENU FOR ONE DAY

## Breakfast

Hot Cereal with Raisins - Top Milk  
Toast

Tomato Juice for Youngest Child  
Coffee (adults) - Milk (children)

## Dinner

Creamed Salmon - Lyonnaise Potatoes  
Toast  
Stewed Plums  
Milk for children

## Supper

Scalloped Cabbage  
Bread & Butter  
Hot Sweetpotato Pie  
Milk for all

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## RECIPES

### Potato Soup

2 cups diced raw potato	4 tablespoons butter or other fat
1 quart boiling water	1 tablespoon flour
1 pint milk	1 teaspoon salt
1 onion	Pepper
2 tablespoons finely chopped parsley	

Cook the potato in the boiling water until soft, drain off and keep 1 pint of the potato water, and rice the potato. Heat the milk in a double boiler with the onion. Cook the parsley in the fat, add the flour, stir until well blended, combine with the milk and potato, stir until smooth, cook for 2 or 3 minutes, and add the salt and pepper. Remove the onion before serving.

### Lyonnaise Potatoes

5 cold cooked potatoes, diced	2 tablespoons finely chopped parsley
1 onion, sliced	Salt
4 tablespoons butter or bacon fat	

Heat the fat in a frying pan and cook the onion a few minutes. Add the potatoes and cook slowly, turning occasionally until the potatoes are golden brown on all sides. Season with salt and pepper. Serve the potatoes on a hot platter with the finely chopped parsley sprinkled over the top.

### Ham Smothered with Sweetpotatoes

1 slice ham	2 tablespoons sugar
3 sweetpotatoes, sliced	1 cup hot water

Brown the ham lightly on both sides and place in a baking dish. Spread the sliced sweetpotatoes over the ham and sprinkle with the sugar. Add the hot water to the drippings, pour over the ham and potatoes, cover, and bake in a moderate oven (350°F.) until the ham is tender. Baste the potatoes occasionally with the gravy, toward the last remove the lid, and let the top brown.

### Sweetpotato Pie

1½ cups boiled, riced sweetpotatoes	1/2 teaspoon salt
2 cups milk	2 eggs
1/4 cup sugar	2 tablespoons butter or other fat
1/2 teaspoon ginger	Pastry

Heat the sweetpotatoes, milk, sugar, ginger, and salt in a double boiler. Pour some of the hot mixture into the beaten eggs, mix all together, and add the butter or other fat. Pour the hot filling into a deep baked pastry shell, and bake in a moderate oven (350°F.) for about 30 minutes, or until the filling sets.

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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
OCTOBER 26, 1932 (WEDNESDAY)

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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#### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

: Every meal --	Milk for children, bread for all	:
:		:
: Every day --	Two to four times a week --	:
: Cereal in porridge or pudding	Tomatoes for all	:
: Potatoes	: Dried beans and peas or peanuts:	:
: Tomatoes (or oranges) for children	: Eggs (especially for children) :	:
: A green or yellow vegetable	: Lean meat, fish, or poultry or :	:
: A fruit or additional vegetable	: cheese	:
: Milk for all		:
:		:

#### THE PUMPKIN AND THE SQUASH

The pumpkin-face at Hallowe'en, the small boy's jack-o'lantern, belongs to the world of witches, ghosts, and other creatures of ancient superstition--but to us it speaks also of pumpkin pie. Here is a combination quite to be expected from the origin of this autumn festival--a mixture of pagan rites and general rejoicing at "harvest home." The pumpkin, and its close relative, the squash, are among the "fruits" of the harvest which count for much in the winter store of food.

The pumpkin and the squash are usually cheap, and they are very useful foods, says the Bureau of Home Economics, U. S. Department of Agriculture. Their yellow color is a sign of this, for yellow-fleshed vegetables contribute a food substance not too plentiful when a diet is limited in cost. That valuable substance is vitamin A, the vitamin that helps to build resistance to infections, to



maintain vitality and to stimulate growth. Adults may very well count on getting some of their vitamin A, in winter time especially, when leaf vegetables may be more expensive, from the pumpkin and the squash. At the same time they will be getting some of vitamin B, and vitamin C, which they need for other reasons, and some minerals of value.

The pumpkin and the squash are much alike botanically, and they taste alike when suitably seasoned. The Connecticut field pumpkin and the "large cheese" pumpkin are said to be best for canning, the "large cheese" and the small sugar pumpkin are recommended for pie. Like sweetpotatoes, pumpkins and squashes should be stored in a warm, dry place, and under these conditions Hubbard and Boston Marrow, and other firm-fleshed varieties will keep through the winter.

Both pumpkins and squashes were cultivated in America long before white men arrived on the scene. Squash is a name of Indian derivation, and even now is used only in America. Captain John Smith, writing of Virginia, mentioned "pumpions and macocks," the latter having been since identified as the "Perfect Gem" squash. Many of the early explorer-writers mention these vegetables.

Only a botanist could keep track of the varieties of squash. They mix very readily and are literally of all sizes, shapes, and shades of green, yellow, white, and even red on the outside, with flesh of different shades from deep yellow to pale yellow or greenish white. They may be oval, round, cylindrical, gourd-shape with straight or crooked neck; as small as an apple or as big as a watermelon. Not even the autumn leaves are more gorgeous than a pile of squashes and pumpkins in a roadside market in October.

Of the squashes on the market, the Hubbard is probably the best known. There, are, however, three varieties of Hubbard squash, the warted, the green, and the golden. Only the yellow squashes are used for canning, because green in the rind discolours the product.





Pumpkin pie is doubtless the most popular pumpkin dish, but pumpkin, like squash, may be baked or mashed and served as a vegetable. For mashed squash or pumpkin, steam the pieces if possible, says the Bureau of Home Economics, in preference to boiling. This takes a little longer -- 40 to 50 minutes if the flesh is hard -- but the flavor is much better than when cooked in water. Pare before or after steaming, and when tender mash and season with butter, salt, and pepper, adding a very little sugar if necessary to bring out the sweetness.

Baked pumpkin or squash on the shell, pumpkin corn bread, squash rolls or biscuit, and pumpkin custard are other possibilities besides pumpkin pie and squash pie. Some of the small squashes are attractively served cut in half and baked, one half being just right for a portion. Pumpkin can be cooked and stored in a covered crock in a cold place for weeks.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc..	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast

Tomato Juice for Youngest Child

Coffee (adults) - Milk (children)

Dinner

Ham, Fried, Boiled, or Baked

Baked Winter Squash - Corn Meal Muffins

Dill Pickles

Apple Brown Betty

Milk for All

Supper

Vegetable Chowder

Toast or Hard Rolls

Pumpkin Pie and Cheese

Coffee

Milk for Children





## RECIPES

### Baked Winter Squash or Pumpkin

Wash the squash or pumpkin, cut into pieces the size for individual servings, and remove the seeds and stringy portion but leave the rind on. Put rind side down in a baking pan, season with salt, pepper, and butter or other fat, cover, and bake in a moderate oven for about an hour, or until tender. Toward the last, remove the cover, and let the squash or pumpkin brown slightly on top. Serve hot.

### Pumpkin Custard

1 pint mashed pumpkin, cooked or canned	1 teaspoon salt
2 eggs	1/8 teaspoon pepper
1/2 cup milk	1/8 teaspoon cinnamon
	1/8 teaspoon mace

Beat the eggs slightly and add the pumpkin and other ingredients. Pour into a greased baking dish, set in a pan of hot water, and bake in a moderate oven (350°F.) for about an hour, or until set in the center. Or bake in individual custard cups for a shorter time.

To vary the flavor, omit the cinnamon and mace, and sprinkle the top of the custard with grated cheese before baking.

Pumpkin custard is particularly good served with ham or cold meat.

### Pumpkin Corn Bread

1½ cups mashed pumpkin, cooked or canned	2 eggs
1½ cups milk	6 teaspoons baking powder
1½ cups corn meal	1½ to 2 teaspoons salt
1/2 cup flour	3 tablespoons melted fat

Mix the ingredients in order given. Pour the batter in greased baking pan and bake for 40 minutes in a hot oven. Cut in squares and serve hot.

### Pumpkin or Squash Pie

1½ cups cooked pumpkin or squash	1/4 teaspoon mace
1 cup milk	1/2 teaspoon salt
1/2 cup sugar	2 eggs
1 teaspoon cinnamon	2 tablespoons butter
1/2 teaspoon allspice	Pastry

Heat the pumpkin or squash, milk, sugar, spices, and salt in a double boiler, add the beaten eggs and butter, and mix well. Pour the hot filling into a deep baked pastry shell, and bake in a moderate oven (350°F.) for about 30 minutes, or until the filling sets.

THE HISTORY OF THE UNITED STATES

The history of the United States is a story of growth and change. From the first settlers to the present day, the nation has evolved through various stages of development. The early years were marked by exploration and settlement, followed by a period of rapid expansion and industrialization. The American Revolution and the Civil War were pivotal moments in the nation's history, shaping its identity and values. The 20th century brought significant challenges, including the Great Depression and World War II, which tested the nation's resilience and led to the emergence of the United States as a global superpower.

THE AMERICAN REVOLUTION

The American Revolution was a period of political and social upheaval that led to the birth of the United States. It was a struggle for independence from British rule, driven by a desire for self-governance and the protection of individual rights. The revolution was a complex process involving military battles, political negotiations, and social changes. The Declaration of Independence in 1776 was a key document that articulated the principles of the new nation.

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THE GREAT DEPRESSION

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